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**What can you learn in 90 minutes?
Maybe enough to save someone's life.**

QPR Suicide Prevention Training for Adults/Parents

Over the past few years, the Needham community has experienced several suicides that have impacted the town on many levels. In an effort to learn more about this topic and be of support to a person in distress, the Needham Coalition for Suicide Prevention and the Needham Youth Commission are offering QPR trainings.

The QPR Suicide Prevention model (Question, Persuade, Refers) is patterned after the success of the CPR medical intervention and is based upon the following concepts:

- Those who most need help in a suicidal crisis are the least likely to ask for it;
- The person most likely to prevent a person dying by suicide is someone they already know; and
- That prior to making a suicide attempt, a person typically sends warning signs of their distress and suicidal intent to those around them.

Investigate the myths surrounding suicide, explore the signs of suicide, discover the differences between suicide and self injury, and learn how to help to a person in distress.

Choose only one of the following training dates

Wednesday, December 2, 2009 (7:00–8:30pm)

Thursday, February 4, 2010 (7:00–8:30pm)

Space will be limited to 25 participants for each session

To register, please e-mail Youth Commission Director Jon Mattleman at:

Jmattleman@needhamma.gov or call 781-455-7518 x265

